

HELP IN CARING FOR YOU OR YOUR FAMILY

Interior Community Services 250-554-3134

*Families First (intake before 6mo) *PAID *Early Years Family Navigation
*Early Connections *Mount Paul Community Food Centre

YMCA Early Years Centre/Childcare Resource & Referral

*Post Partum Connections Support Group 250-376-4771

Kamloops Aboriginal Friendship Society 250-376-1296

*Under the Eagles Wing *Moms Pops & Tots

Lii Michif Otipemisiwak Family & Community Services 250-554-9486

*Drop-In (R) * BiiBii Time (R)

Secwepemc Child & Family Services 250-314-9669

*Early Years Intervention Specialist *Aboriginal Infant Development
*Aboriginal Supported Child Development *Early Years Enrichment

Kamloops Family Resource Society ("The Tree") 250-377-6890

*FoodShare *Drop-In *Counseling

Kamloops Mental Health 250-851-7450

*Perinatal Counselling Program (0-12 months postpartum)

Public Health 250-851-7300

*Breastfeeding Clinic *Child Care Licensing
*Immunization *Lift the Lip (Dental clinic) *Maternity Care

Kamloops Food Bank 250-376-2252

La Leche League <https://www.lllc.ca>

SPECIALIZED INFORMATION AND SUPPORT

Public Health 250-851-7300

*Speech *Audiology *Nutrition *Dental *Nursing

Children's Therapy and Family Resource Centre 250-371-4100

*Occupational Therapy *Physiotherapy *Speech & Language

Kamloops Infant Development Society 250-371-4140

Kamloops Immigrant Services 778-470-6101

*Programs for Newcomers and Immigrants

Kamloops Family Resource Society ("The Tree") 250-377-6890

*Mothers for Recovery

Child and Youth Mental Health

North Shore 250-554-5800 South Shore 250-371-3648

Child and Youth Support Needs (CYSN) 250-371-3684

Insight Support Services 250-554-0085

*Autism Supports *Behaviour Consultation *FASD Key Worker
*Family Support Services

Kamloops Family Justice Centre 250-828-4688

Parents Legal Centre 250-434-0063

ASK Wellness 250-376-7558

Hopewell 250-376-4646

Elizabeth Fry Society 250-374-2119

FAMILY ACTIVITIES AND SUPPORT

Kamloops Family Resource Society ("The Tree") 250-377-6890

Interior Community Services 250-320-2937

*Healthy Beginnings Playgroup *Baby Steps Playgroup
*Infant Massage

John Tod YMCA Early Years Centre 250-376-4771

*Early Learning Centre *Nobody's Perfect Parenting Program
Parent-Child Mother Goose (various times and locations) 250-320-2937

YMCA Swimming Lessons (C) 250-372-7725

BGC – Family Development Programs 778-220-7346

Kamloops Aboriginal Friendship Society 250-376-1296

Lii Michif Otipemisiwak Family & Community Services 250-554-9486

Secwepemc Child & Family Services 250-314-9669

INFORMATION ABOUT HEALTH OR SAFETY

Public Health (general questions and support) 250-851-7300

Health Link BC 811

*Registered Nurse *Pharmacist *Dietician *Register for healthcare waitlist

Ministry of Children and Family Development 800-663-9122

Secwepemc Child & Family Services 250-314-9669

RCMP Victim's Information Line 800-563-0808

BC 211 www.bc211.ca 211

BC Kids Helpline 250-310-1234

YMCA Women's Emergency Shelter 250-374-6162

YMCA Stopping the Violence Outreach Services 250-320-3110

Poison Control 800-567-8911

Qwemtsin Health Society 250-314-6732

BCAA Car Seat Information 877-247-5551

Free Car Seat Safety Checks at John Tod YMCA 250-376-4771

PLAY AND EARLY LITERACY

John Tod YMCA Early Learning Centre 250-376-4771

*Toy and Resource Lending Library *Interactive Early Learning
*Drop-in Centre *Baby Locomotion *Baby Time

Thompson-Nicola Regional Libraries

*Kamloops Library 250-372-5145 *North Kamloops Library 250-554-1124

BGC 778-220-7346

*Bright Red Book Bus (July & August) *Cozy Cubs

Kamloops Early Language and Literacy Initiative (KELLI) 250-376-4771

City of Kamloops Parks, Recreation & Culture Services 250-828-3500

StrongStart Programs

*AE Perry Elementary 250-376-6224

*Arthur Hatton Elementary 250-376-7217

*Beattie Elementary 250-374-0608

*Marion Schilling Elementary 250-372-2027

CITY OF KAMLOOPS PROGRAMS (C)(R) 250-828-3500

www.kamloops.ca/recreation-culture/register-program/activity-guide

FREE AND LOW-COST GUIDE FOR EARLY YEARS 0 TO 3 YEARS (C=Cost, R=Registration, D=Drop In)

Weekdays	AE Perry StrongStart (F/R/D) Arthur Hatton StrongStart (F/R/D) Beattie StrongStart (F/R/D) Marion Schilling StrongStart (F/R/D) BGC - Bright Red Book Bus (F/D) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D) (membership required)	8:30 am -11:00 am 8:30 am -11:30 am 8:30 am -11:30 am 8:30 am -11:30 am July & August Tuesday – Friday 9:30 am - 4:30 pm M-F 8:50am – 1:00pm M&W 5:00 pm-7:00pm	AE Perry Elementary – 1380 Sherbrooke Avenue Arthur Hatton Elementary - 315 Chestnut Avenue Beattie Elementary – 492 McGill Road Marion Schilling Elementary – 2200 Park Drive Various times and Locations. Call for schedule 207 Seymour Street Downtown Kamloops YMCA – 400 Battle Street	250-376-6224 250-376-7217 250-374-0608 250-372-2027 250-554-5437 250-828-3576 250-372-7725
	YMCA BC / Kamloops Interactive Early Learning Centre (F/D)	9:30 am -11:30 am (M, T, W, F)	John Tod Centre – 150 Wood Street	250-376-4771
	YMCA BC / John Tod Lending Library	8:00 – 4:00pm (M, T, W, F) 8-6 (Th) 8-12 (Sat) (phone front desk when outside)	John Tod Centre – 150 Wood Street	250-376-4771
Mon	KRFS (“The Tree”) Drop-In Centre (F/D) KAFS Under the Eagles Wing (F/D)	10:00 am – 1:00 pm 10:00 am – 12:00 pm	657 Seymour Street Kamloops Aboriginal Friendship Society – 125 Palm Street	250-377-6890 250-376-1296
Tues	BIG Little Science Centre (C/D) KRFS (“The Tree”) Drop-In Centre (F/D) TNRL Tiny Tunes (F/D) Baby Locomotion – YMCA BC / Kamloops (F) (pre-crawlers to new walkers) BGC Cozy Cubs (R)	9:30 am-5:00 pm 9:00 am – 1:00 pm 10:30 am – 11:00 am 11:45 am - 12:30 pm 10:00 am – 11:30 am	458 Seymour Street (Call for summer hours) www.blscs.org 657 Seymour Street North Kamloops Library – 693 Tranquille Road John Tod Centre – 150 Wood Street John Tod Centre – 150 Wood Street	250-554-2572 250-377-6890 250-554-1124 250-376-4771 250-554-5437
	BIG Little Science Centre (C/D) SCFS Drop in Playgroup (F/D) KRFS (“The Tree”) Drop-In Centre (F/D) Baby Time – YMCA BC/Kamloops (F) (newborns to pre-crawlers) TNRL Teeny Tiny Storytime (F)	9:30 am – 5:00pm 10:00 am – 12:00pm 9:00 am – 1:00 pm 11:45 am - 12:30 pm 10:40 am – 11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org Secwepemc Child & Family Services – 300 Chilcotin Road 657 Seymour Street Jon Todd Centre 150 Wood Street Aberdeen Mall Tiny Library	250-554-2572 250-314-9669 250-377-6890 250-376-4771
Thurs	BIG Little Science Centre (C/D) Kamloops Art Gallery (F) KRFS (“The Tree”) Drop-In Centre (F/D) KAFS Moms, Pops and Tots (F/D)	9:30 am – 5:00 pm 10:00 am – 8:00 pm 9:00 am – 1:00 pm 10:00 am – 12:00 pm	458 Seymour Street (Call for summer hours) www.blscs.org 101-465 Victoria Street www.kag.bc.ca 657 Seymour Street Kamloops Aboriginal Friendship Society– 125 Palm Street	250-554-2572 250-377-2405 250-377-6890 250-376-1296
Fri	BIG Little Science Centre (C/D) Kamloops Museum and Archives (C-by donation) TNRL Storytime and Craft (ages 3-5) F/D) Family Resource Society Mothers for Recovery (F/R)	9:30 am – 5:00 pm 10:30 am - 11:30 am 9:30 am - 11:30 am 9:30 am - 11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org 207 Seymour Street North Kamloops Library – 693 Tranquille Road 657 Seymour Street	250-554-2572 250-828-3576 250-554-1124 250-377-6890
Sat	BIG Little Science Centre (C/D) Chapters Storytime (F) TNRL Family Fun Zone (F) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D)	9:30 am – 5:00 pm 1:00 pm – 3:00 pm 10:00 am – 12:00 pm 9:30 am - 4:30 pm 9:00 am -11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org 4-1395 Hillside Drive Downtown Kamloops Library 207 Seymour Street Downtown Kamloops YMCA – 400 Battle Street	250-554-2572 250-377-8468 250-372-5145 250-828-3576 250-372-7725